

French Toast⁴⁵

Number of Servings: 45 (115.22 g per serving)

Amount	Measure	Ingredient
45.00	ea	Eggs, whole, raw, lrg
2 1/4	cup	Milk, 1%, w/add vit A & D
1 1/2	Tbs	Flavor, vanilla extract
1 1/4	tsp	Spice, cinnamon, ground
90.00	pce	Bread, whole grain, slice
90.00	svg	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts	
Serving Size (115g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 330mg	14%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 12g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Beat together eggs, cinnamon, vanilla & milk. Heat frypan and spray with nonstick spray. Dip each slice of bread into egg mixture and then place in frypan to brown on each side. Serve hot.
Each serving = 2 slices French Toast = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.